



# *Parsley Leaf*

*Prostate, spleen, thyroid, liver, kidneys, gallbladder, asthma, gallstones, cancer, allergies, pituitary gland, water retention.*

**Information:** Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) *before* starting/changing your program.

**Botanical:** *Petroselinum crispum* (also known as *Petroselinum sativum*)

**Family:** *Umbelliferae* (carrot) - *Apiaceae* (parsley)

**Other common names:** Common Parsley, Rock Parsley, Garden Parsley, Rock Seline, Persil

*Bad breath?* Try Parsley Leaves, and at the same time, you'll get high doses of vitamins C, A and D, as well as potassium (important for lowering blood pressure), calcium (good for osteoporosis) and folic acid (which may help prevent cardiovascular disease). Parsley also acts as a mild laxative and remarkable diuretic.

Parsley supplies important minerals, beta-carotene, essential oils (including eugenol and apiole), flavonoids, quercetin, rutin, chlorophyll and healthy doses of B-vitamins and vitamins A, C, D, E and vitamin K. Parsley actually ranks higher than most vegetables in histidine, an amino acid that is said to inhibit malignant growths..

**Beneficial Uses:** Parsley Leaves have been used to regulate blood sugar and are thought to be effective

in cases of low blood sugar, if there is adrenal malfunction. Parsley Leaf stimulates and strengthens the activity of the digestive system, easing flatulence and indigestion. Its chlorophyll content is essential to healthy digestion, and it increases circulation to the digestive tract. The seventeenth-century English herbalist, Nicholas Culpeper, wrote that Parsley was "comfortable to the stomach and good for wind." The herb is said to stimulate both the appetite and metabolism.

Parsley is a natural diuretic. The herbalist, Culpeper, also commented that Parsley "removed obstructions from the liver and spleen," and it is said today that Parsley helps to expel gallstones and kidney stones. Parsley is said to improve urination when it is painful or incomplete and accelerates the excretion of toxins. It is also said to help prevent the body's re-absorption of salt and to rid the body of excess mercury. As a

diuretic, Parsley relieves the bloating that some women experience before their periods.

Used as a garnish with meals, *Parsley Leaf is highly nutritious*. The leaves contain more vitamin C than oranges by weight and also provide a good source of iron (important for the proper formation of red blood cells), potassium (good for lowering blood pressure), calcium and manganese (helpful for osteoporosis) and folic acid (which may help prevent cardiovascular disease). Parsley Leaf is a superior breath freshener because of its high chlorophyll content.

When applied externally, the ancients believed that Parsley Leaf was an effective treatment for skin

problems, insect bites and stings, and would also dispel skin tumors suspected to be malignant. In addition, Parsley Leaves were used to relieve inflamed and swollen eyes. Parsley Leaf is believed to stimulate menstruation. The high mineral salt content in Parsley is thought to help restore the body's overall health by neutralizing acidic conditions. Parsley Leaf is reported to be a mild aphrodisiac.

Contraindications: Parsley is not recommended for pregnant women in large amounts, as it may cause uterine contractions, but used after delivery, it is said to tone the uterus. Parsley should also be avoided by those who suffer from kidney infection.

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